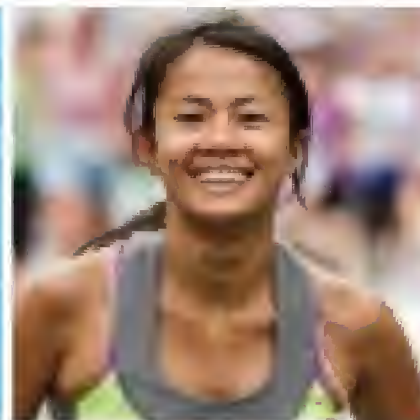


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NEW
SURPRISING
NICK JONAS
DATING
RUMORS

PAGE 12



Chowdah heads and monstah threads!

Viral video. Inspired by the animated reaction of Michael Bergin when a sunfish broke the surface of the water, Chowdaheadz clothing developed a line of T-shirts spouting quotes from the video. PAGE 02

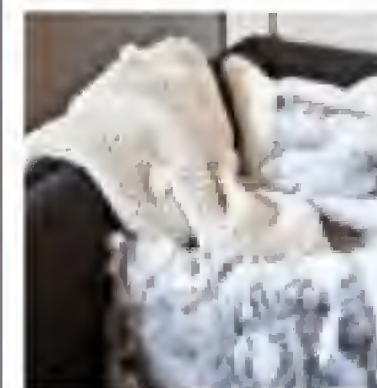
Chowdaheadz president Ryan Gormady, left, and production manager Brad Richards show off their new line of shirts. / NICOLAUS CZARNECKI, METRO

**MBTA to
issue report
cards for T,
buses, rail**

PAGE 04

**Get cozy
for fall with
these home
decor tips**

PAGE 19



**Patriots
again at top
of power
rankings**

PAGE 20



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1 NEWS

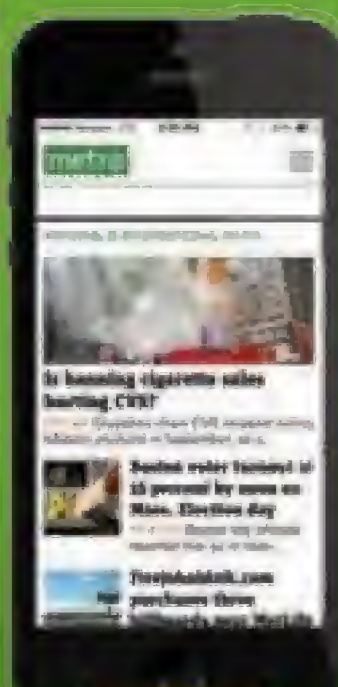
Top 3

The best of Metro.us

1 NYPD in talks with city attorneys to re-examine homeless laws: Bratton

2 Winners of 'The Voice': Where are they now?

3 Where to get free coffee in NYC for National Coffee Day



On the go

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Chowdaheadz production manager Brad Richards, left, and president Ryan Gormady show off their new line of shirts inspired by a recent Michael Bergin fishing video that has become a viral Web video. / NICOLAUS CZARNECKI, METRO

Sea monstah shirt!

Fish tale.

Chowdaheadz clothing selling Boston sunfish dude garb.

We're seeing some shirts we have never seen before.

Michael Bergin's heavily circulated, excessively quoted video of a self-described Masshole's mind being blown by the sight of a surfacing sunfish has written itself into the Bay State lexicon. His words will live in Massachusetts infamy right next to "This is our f—g city," "Boston Strong," "Havlicek stole the ball," and "Why not us?"

His voice-of-the-people delivery has earned him a national audience, social media glory, several fan-made spin-off videos, spots on news networks, late-night television, and now T-shirts.

"I'm just a local neighborhood kid," Bergin said. "Nobody exciting or important, and all the sudden I have this happen. It's incredible."

New England novelty clothes company Chowdaheadz recently introduced a new line of T-shirts with various Bergin quotes



Quoted

"If aliens came to Earth asking what a Masshole was, I'd show them that and then they'd probably leave."

Gormady

about "baby wheels," "sea monstahs," "tunas" and the need to "call the Aquarium!"

Bergin said that he and his friend Jay Foster were out by Graves Light in the first hour of a fishing trip when the sunfish surfaced.

"Don't think we just met that fish, man. That fish came and met us," Bergin said. "We were out there for about five hours after that. We didn't even catch nothing."

Bergin said the last 20 years of his life were far from easy. But now, four years sober, Bergin said that this experience has

solidified a life turned around.

"I've had people all over the country, even England, hit me up on Facebook and say, 'Thank you for making me laugh. I really needed that,'" Bergin said. "I think I made people miserable for a few years and now I get to give something positive back."

Bergin said he hadn't been out on the water in about 10 years before he and his pilot Jay took to the high seas and found "a sea monstah."

"Everyone in Mass. knows a Michael Bergin character," Chowdaheadz owner Ryan Gormady said. "He's the epitome of a Chowdahead. If aliens came to Earth asking what a Masshole was, I'd show them that and then they'd probably leave."

After a quick meeting of the minds, Chowdaheadz had the design, artwork and agreement to get Bergin a well-deserved cut, the shirts hit the market at about noon on Monday and have been selling fast.

"It's funny to watch where these are being ordered from," Gormady said. "There's Bostonians all over the country who are probably a little homesick and don't get to hear the accent that often. It seems like they embrace it

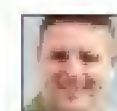
more as a badge of honor."

Chowdaheadz has been dishing out New England pride gear for 12 years and has slapped plenty of local slogans on their clothing, but this is the first "authentic Masshole voice" they have ever distributed.

"We are a different breed out here. Folks around the country get to see it firsthand now," Gormady said. "I don't know if people around the country fully get that, but we are characters up here. If I saw that fish, I'd probably lose it too, but I don't think it would be the same if that was my voice or anyone else's."

Bergin said that his sister works for a radio station in town and has been facilitating all of the public relations. He said that she has the people skills, and his naturally foul mouth is as much of a liability as it is a source of entertainment for his friends. Her connection with the Chowdaheadz crew led to another venue for the Internet-gold quotes.

"If ever a brother needed his sister this is it," Bergin said. "She stepped up big, but that's what Boston family does."



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MBTA to post weekly report cards on train and bus lines

A for effort. MBTA began distributing scorecards.

The MBTA wants your feedback on how they are doing.

Specifically, they want to know whether or not your train or bus was late.

On Monday, the T started handing out scorecards to track how punctual the Red, Blue and Orange lines, the Silver Line, the bus routes and the commuter rails are.

"This is a plan the Fiscal and Management Control Board put into motion in order to maintain our strong commitment to transparency," MBTA spokesman Joe Pesaturo said. "We strive to deliver the level of service our riders expect and deserve."

There is no scorecard for the Green Line, which



The joys of commuting / FILE PHOTO

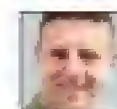
Comment

Tell Metro what you think! Visit Metro.us/boston/ to grade the T lines.

is commonly criticized by commuters.

"Because of the Green Line's less-sophisticated technology, measuring the light rail line's performance is a more complex exercise than evaluating the heavy rail lines," Pesaturo said. "We are continuing to develop a methodology for presenting Green Line information in a clear and easy-to-understand manner."

This is a permanent plan and the T said they are welcoming any and all feedback.



NATE HOMAN
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nathan.homan@metro.us

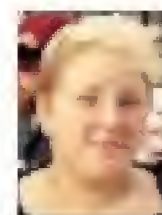
Quoted



"I ride maybe once a month and I

haven't had to wait for a train so long that I've been pissed, but I'm pretty laid back and I've seen people freak out over a three-minute wait."

Joe Aylward, 31, Boston



"I usually ride the Red Line and I really

don't have many problems except the people on the train. As long as they can shovel the tracks in the winter, I'm happy."

Jessica Hopkinson, 24, Quincy

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Lame. Baker on crutches, will miss basketball game with mayor

Looks like Charlie Baker may be sitting out at tonight's softball game vs. the mayor's office.

Gov. Baker was walking with crutches Tuesday morning at a State House ceremony for the George L. Hanna Awards, which honor police officers for bravery.

The reason: an old basketball injury, Baker said.

His Achilles tendon acts up from time to time, a Baker spokesman told the State House News Service.

Baker's office was scheduled to square off in a softball game against Boston Mayor Marty Walsh's Tuesday night at McConnell Park in Dorchester.

Walsh's office said the game would be played despite the governor's infirmity, unless, of course, the game gets rained out.

SPENCER BUELL



NICOLAUS CZARNECKI

Flood warnings for Mass. counties

Rain. The NWS said we could be in for stormy weather.

A hard rain is going to fall on the Bay State, prompting the National Weather Service to put out flood warnings.

The National Weather Service is issuing flood warnings for Hampden, Hampshire, Franklin, Worcester, Middlesex and Essex counties, starting Wednesday at 2 a.m.

The threat of downpours with up to six inches of water will remain in effect until Thursday, Oct. 1. NOAA issued a warning that wind speeds might reach up to 40 mph today.

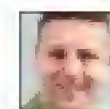
The supermoon is also a factor, causing large tidal shifts. This has the potential to cause minor to moderate coastal flooding.

They also warn of Tropi-



The perils of a cheap umbrella / NICOLAUS CZARNECKI, METRO

cal Storm Joaquin, which could make for a rainy weekend.



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Neighbors slam city's plan for a Seaport IndyCar race through it

Protest. Letter to the mayor's office calls plans for the race "illegal."

Well this was bound to happen.

Seaport condo owners were sounding the alarm on the city's plans to host an IndyCar race in their neighborhood Tuesday, sending a letter to the mayor detailing the many problems they have with the proposed high-speed road race.

In May, Boston Mayor Marty Walsh announced plans to welcome the race and sports festival, which will start on Labor Day weekend 2016 and continue through 2020. He said it would bring people and tourism dollars to the city.

But the idea of dealing with the noise, snarled



Residents are opposed to the upcoming Indy Car race through the Seaport District. / NICOLAUS CZARNESKI, METRO

traffic and construction year-over-year isn't sitting well with the Seaport Lofts Condominium Association, according to a letter signed by David E. Lurie, an attorney.

The D Street condos about the proposed 2.2-mile

racetrack, which would circle the Boston Convention and Exhibition Center, and travel Congress Street and the South Boston Bypass.

"We believe that the possible benefits to the City from tourists and television audiences are far

outweighed by the damaging impacts on the city and neighborhood that we love," the letter reads.

The letter also questioned the process that's taken place so far to bring the spectacle to the Hub, calling it "illegal" and cit-

ing problems with the bid process and licensing agreement behind it.

The mayor's office said it would review the letter and stood behind the race in a statement: "We continue to be confident that this will be a great event for

the city of Boston, bringing fans and visitors to our hotels, restaurants and shops on what is typically a quiet weekend."

SPENCER BUELL
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spencer.buell@metro.us

IndyCar

- 2.2 miles: length of the proposed racetrack on Seaport roads
- 11: number of turns on the track
- 110+: decibels of sound produced by a single IndyCar
- Sept. 2-4, 2016: IndyCar Boston Grand Prix dates
- IndyCar speeds can top 230 mph

The Boston Globe

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HUB WEEK

1 Overall cure rates for childhood cancer have increased dramatically in recent decades, but survival rates vary by disease.

2 Cancer in children is rare, but it's the leading cause of disease-related death in children in the United States.

43 children are diagnosed with cancer every day in the U.S.

5 children die of cancer in the U.S. every day

4 THINGS TO KNOW ABOUT CHILDHOOD CANCER

3 The number of survivors of childhood cancer continues to grow, but many are vulnerable to late effects of their treatment.

4 More research is needed to continue to improve survival and decrease the toxicity of treatment.

Five-year survival rate for those with childhood cancers today:
84%
compared to 61% in 1975

Five-year survival rate for acute lymphoblastic leukemia, the most common childhood cancer:
90%
Compared to <5% for diffuse intrinsic pontine glioma, a type of childhood brain tumor.

Number of childhood cancer survivors in the U.S.:
388,500

Percentage of survivors with severe, disabling or life-threatening chronic late effects of treatment:
32%
Overall, 70% of survivors experience mild, moderate or severe late effects.

4% of National Cancer Institute (NCI) budget is devoted to pediatric cancer

Urge your Congressional representative and senator to support increased funding for pediatric cancer research because every child cured of cancer has the potential for decades of productive life ahead.

To learn more about childhood cancer, visit
danafarberbostonchildrens.org/intographic

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Volkswagen to refit cars affected by emissions scandal

Scandal. The company is under pressure to address a crisis that has wiped more than a third off its market value.



Volkswagen / GETTY IMAGES

Volkswagen said on Tuesday it will repair up to 11 million vehicles and overhaul its namesake brand following the scandal over its rigging of emissions tests.

New Chief Executive Matthias Mueller said the German carmaker would tell customers in the coming days they would need to have diesel vehicles with illegal software refitted, a move which some analysts have said could cost more than \$6.5 billion.

In Washington, U.S. lawmakers asked the automaker to turn over documents related to the scandal, including records concerning the development of a software program intended to defeat regulatory emissions tests.

In separate letters, leading Republicans and Democrats on the House Energy and Commerce Committee requested information from both Volkswagen and the U.S. Environmental Protection Agency as part of an investigation into the

controversy.

Europe's biggest carmaker has admitted cheating in diesel emissions tests in the United States and Germany's transport minister says it also manipulated them in Europe, where Volkswagen sells about 40 percent of its vehicles.

"We are facing a long trudge and a lot of hard work," Mueller told a closed-door gathering of about 1,000 top managers at Volkswagen's Wolfsburg headquarters late on Monday.

Volkswagen did not say how the planned refit would make cars with the "cheat" software comply with regulations, or how this might affect vehicles' mileage or efficiency, which are important considerations for customers.

REUTERS

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Protection

Obama praises
Secret Service
handling of
Pope, foreign
leader visits

President Barack Obama praised the U.S. Secret Service for its work over the past week, which included visits to the White House by Pope Francis and

Chinese President Xi Jinping as well as the United Nations General Assembly meeting in New York.

Speaking to reporters after returning from New York, Obama said the Secret Service had done its job protecting him, the public and foreign dignitaries last week "flawlessly."

"They all deserve a huge round of applause

for being such great hosts and keeping everybody safe," the president said, offering praise to an agency that faced sharp criticism last year for a string of security breaches.

In an incident last September, a man jumped the White House fence and entered the front door carrying a knife. Just days before that, a security contractor with a gun got

on an elevator with the president during a trip to Atlanta.

Secret Service Director Julia Pierson resigned under pressure from Congress several weeks after the fence-jumping incident and was replaced by Joseph Clancy, the former head of Obama's protective detail, who came out of retirement to accept the post. **REUTERS**



Planned Parenthood President Cecile Richards / TWITTER

Republicans and Planned Parenthood square off

Congress. Democrats on the panel defended the group and questioned Republicans' motives.

Funds

\$500M

Planned Parenthood gets about \$500 million annually in federal funds, largely in Medicaid reimbursements.

U.S. Congressional Republicans on Tuesday challenged Planned Parenthood's eligibility for federal funds, while the health organization's president said defunding it would restrict women's access to care and disproportionately hurt low-income patients.

A series of videos that purports to show that Planned Parenthood improperly sells fetal tissue to researchers for profit has reignited anti-abortion voters' fervor during a turbulent Republican presidential primary campaign.

At a House committee hearing, Planned Parenthood President Cecile Richards appeared alone to respond to hostile questioning from Republicans, some of whom have vowed to shut down the U.S. government if federal support for the group is not cut off.

"As far as I can tell ... this is an organization that doesn't need federal subsidy," House Oversight

Committee Chairman Jason Chaffetz said at the start of the more than five-hour hearing.

Chaffetz, a Republican from Utah, said Planned Parenthood's \$127 million in profit last year showed the organization could survive without federal funds. He also accused the group of lavishly spending on travel, hosting "blow-out parties" and paying "exorbitant salaries."

"We don't make any profit off federal money," Richards responded. She also said Planned Parenthood did not use those funds for abortions, which comprise 3 percent of its services, or for fetal tissue donations, which are done by 1 percent of the clinics.

Republican Representative Mick Mulvaney of South Carolina said he believed Planned Parenthood could have served the same number of patients last year even without government funding.

REUTERS

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In The News

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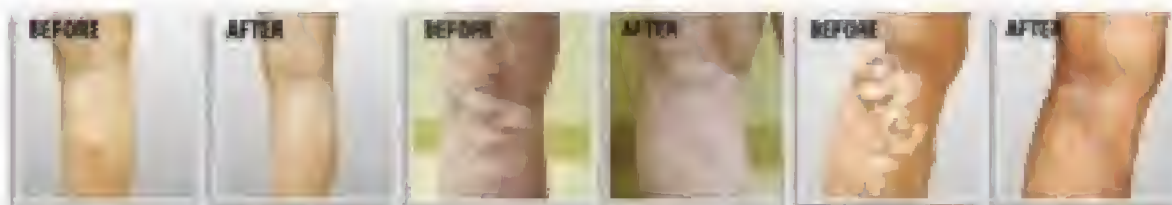
Burning Legs?

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|---|---|
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| <input checked="" type="checkbox"/> Itching and Burning | <input checked="" type="checkbox"/> Difficulty Walking Long Distances |
| <input checked="" type="checkbox"/> Leg Pain and Cramps | <input checked="" type="checkbox"/> Heaviness and Swelling |

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Four things to know

Pentagon says US needs to beef up ability to deter cyberattacks

The U.S. military needs to improve its ability to deter attacks on its computer networks, and is working to make them more costly for U.S. adversaries, top U.S. military and intelligence officials told a Senate hearing on Tuesday.

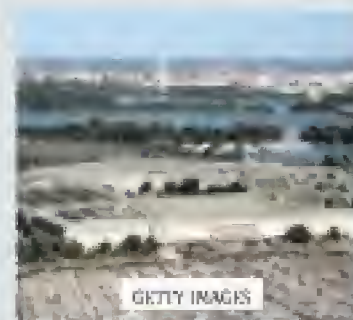
"We are not where we need to be in our deterrent posture," U.S. Deputy Defense Secretary Robert Work told the Senate Armed

Services Committee.

James Clapper, director of national intelligence, told the committee that cyberthreats to the U.S. national and economic security were increasing in frequency, scale, sophistication and severity of impact, both by countries such as Russia, China, Iran and North Korea as well as nonstate actors.

"Such malicious cyberactivity will continue and probably accelerate until we establish and demonstrate the capability to deter malicious state-sponsored cyberactivity," he said. Establishing a credible deterrent requires agreement on norms of cyberbehavior by the international community, he said.

He said the current environment was like "the Wild West," and one key question was whether to put limits on spying activity that did not exist during the Cold War. **REUTERS**



GETTY IMAGES

Trump backs Russia, Iran efforts to fight Islamic State

Donald Trump said he supported Russian efforts to fight Islamic State militants in the Middle East, including Syria.

Asked whether he backed those like Russia who supported Syrian President Bashar al Assad or those who see him as the source of Syria's current crisis, Trump told NBC's "Today" program: "I side with the group that says, 'If Russia wants to go and fight ISIS, you should let them,' as opposed to saying, 'We're jealous, we don't want you to do that.'"

Trump said the United States should support those who want to destroy the militant group. **REUTERS**

Baltimore judge sets first police trial in Gray death

A Baltimore judge set individual trial dates for six police officers charged in the death of a black man from an injury in police custody, with the first trial to start on Nov. 30.

Officer William Porter will be the first to be tried for the death of Freddie Gray under the decision by Baltimore City Circuit Court Judge Barry Williams. **REUTERS**

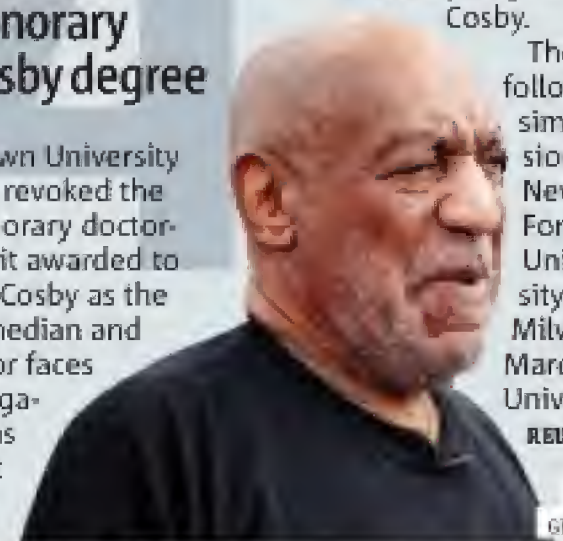
Brown is latest university to revoke honorary Cosby degree

Brown University has revoked the honorary doctorate it awarded to Bill Cosby as the comedian and actor faces allegations that he

sexually assaulted more than 40 women.

Brown becomes the third U.S. university in the past week to revoke honorary degrees to Cosby.

The move follows similar decisions by New York's Fordham University and Milwaukee's Marquette University. **REUTERS**



COSBY
GETTY IMAGES

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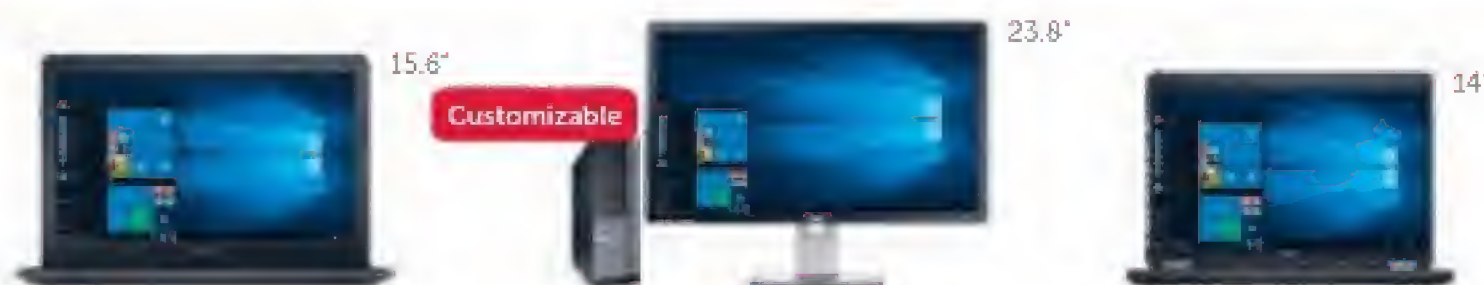
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2

CULTURE



Twitter feed

Today, Mark Ruffalo is feeling endorsement-friendly, Niall Horan has One Direction news, Patton Oswalt is trying to be optimistic, Anna Faris is diversifying and Steven Soderbergh is awfully uplifting.

@MarkRuffalo: Don't usually plug products but my kids love tuna. Safe Catch Tuna — The Lowest Mercury of Any Brand

@NiallOfficial: Album is mastered and ready to go ... can't wait for you to hear it

@pattonoswalt: The great thing about the discovery of liquid water on Mars is maybe it'll humble us spiritually & help us to evolve. WAH! Just kidding...

@AnnaKFaris: I know it's lame, but I'm starting a podcast

@Bitchuation: To be clear: memory is a curse and people close to you die.

Wait, who is Nick Jonas supposedly dating now?

Instead of pondering too deeply exactly why there's a constant fixation on whom Nick Jonas is or isn't dating, let's just check in on the latest subject of speculation: none other than Kate Hudson. Yes, you read that right. Jonas' current tour brought him to Florida this past weekend, where he was spotted hitting up Disney World with Hudson by his side one day, then enjoying a nice brunch at a private club in Miami with her the next, according to TMZ. Oh, and Hudson doesn't live in Florida. Just saying. "The buzz around the property is that they were acting like a couple," a source says. "They were definitely there together. They made an effort to keep things under wraps, using the private pool for members that's harder for regular guests — and paparazzi — to get glimpses of." If this is in fact a thing, I'm all for it.



Is Nick Jonas off the market? ALL PHOTOS GETTY IMAGES

Kate Winslet is pretty easy to shop for



Kate Winslet is all about that bone broth.

Kate Winslet is turning 40 next week, and she's only got one thing on her birthday present wish list — and it's probably not what you'd think. "I'd quite like a pressure cooker. I want to start making bone broths," she tells E! News. When asked by "Steve Jobs" co-star Michael Fassbender what exactly a bone broth consists of, Winslet drops some culinary science: "Taking a whole bunch of bones

and putting them in a pressure cooker with lots of chopped-up leeks and onions and celery and all that stuff and you make this amazing restorative bone broth," she explains. "You boil it up for like 12 hours and it cures you of all ailments." All ailments! But bad news for anyone hoping for an easy way to impress Winslet on her big day: Fassbender has already called dibs on getting her the pressure cooker.

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRLAR
@Nedrick
ned.ehrbar@metro.us



Daily video

Ryan Reynolds tries to build an Ikea crib

This should make you feel better about your own furniture-related nightmares. GQ magazine tasks new dad Ryan Reynolds with assembling a crib from Swedish flat-pack

Justin Bieber spouts off on religion

Justin Bieber wants you to know he's a true Christian.

Oh good. Justin Bieber has some thoughts to share on religion. Christianity and Jesus Christ. I know, you were curious. And he's working some odd juxtapositions. For instance, he's not religious but totally Christian, if that makes any sense. "You don't need to go to church to be a Christian. If you go to Taco Bell, that doesn't make you a taco," Bieber tells Complex magazine, clearly misunderstanding the important work that Taco Bell does. But in his defense — wow, that felt weird — Bieber does at least clarify that he doesn't want to be the Messiah. "I just want to live like Jesus. Not be Jesus — I could never — I don't want that

to come across weird," he says. "He created a pretty awesome template of how to love people and how to be gracious and kind." Yes, Jesus was all about the templates.

Also, Bieber is totes mature now that he's a year older than he was when he went off the rails in Miami. "I got into a little bit of trouble — nothing that other 20-year-olds don't get into, just rebelling a little bit. Now, being 21, I'm coming into my own," he says. "I'm not going to say I'm sorry for the things that I've done because I think that it allows me to tell a story." Really? Because I feel like Jesus would be all about the apologizing.

DNC thinks it can fence Kanye in



Kanye West is going to have to watch his mouth when he performs at a Democratic National Committee fundraiser in San Francisco attended by President Obama next week. A report by the NY Post claims that West has been warned not to digress into one of his infamous quasi-political tangents. "There will be restrictions," a source says. "Kanye won't be able to lecture the president about how to run the country." Sheesh. That's like asking him not to breathe. Tickets for the event range from \$250 to \$10,000, according to the San Francisco Chronicle. **JASON NUCROLLS**

Everybody knows how much Kanye West likes restrictions.



YOUTUBE

master Ikea. "The biggest issue that I'm having with it right now is that the crib didn't come assembled," he tells customer support.

"Besides a slow descent into alcoholism, I'm just really just having trouble finding all the screws and pieces that go with it."

One question, though: Doesn't he have an assistant who can do this? Also, I don't think Blake Lively would want anyone knowing about this. It certainly wouldn't fly on Preserve.



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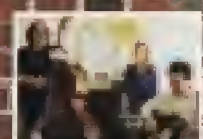
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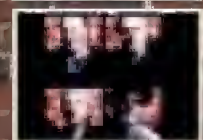
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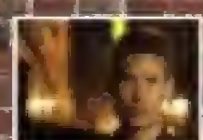
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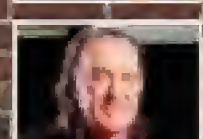
WINERY DOGS
OCT 5



THE ZOMBIES
OCT 6



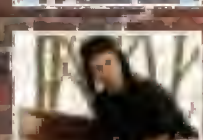
JONNY LANG
OCT 7



DAVE DAVIES
OF THE KINKS
OCT 8



MEN FROM MAINE
FEAT. BOB MARLEY
OCT 9



BOB MARLEY
OCT 10

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3 Small changes that will make over your life

Life hacks.

Certified life coach, psychotherapist and Reiki Master teacher Martina E. Faulkner reveals how tweaking the way you think can have profound effects in her new book, "What if..?"



Martina E. Faulkner is a certified life coach, psychotherapist and author of "What if..?" / PROVIDED

tips to the masses in her new book, "What if..?" She shares some of those tips with us here.

Figure out what you really want

Sometimes, what you think you want isn't really what you want. "Some of my clients say they want to win the lottery," Faulkner says. "But then I ask them why they want to win the lottery. Is it because they're scared they won't have enough money to pay their bills? Is it because they want to travel?" Faulkner says once you get to the root of what you really want,

you can start seeking out ways to make it happen, whether that's striving toward a higher-paying job or starting a new career that allows for traveling. It's a better bet than hoping you score that golden ticket.

Focus on making small changes, not a huge one

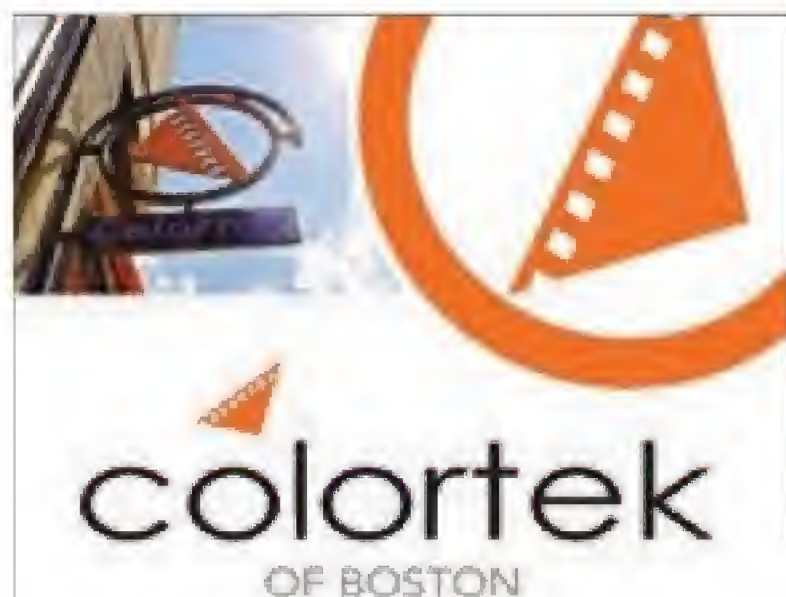
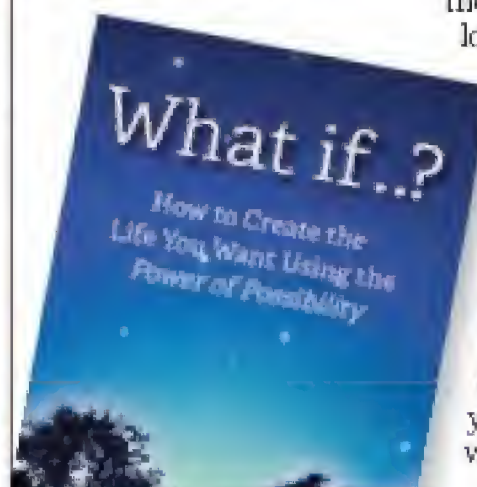
If your goal is to become the CEO at work, that's great, but going from where you are to the very top can be overwhelming — so Faulkner says to start small. "Smaller, more manageable changes that we can create through manifesting is a good place to start," she advises in "What if..?"

But while you are taking those more manageable steps, don't lose sight of your overall goal. "For long-term ideas, dream big! The imagination is a wonderful thing, so daydream," Faulkner says.

Prioritize the aspect of your life you want to change the most

While thinking about what you really want, visualizing it happening and taking actionable steps can change your whole life. Faulkner recommends focusing on one area and then letting the effects spill over into other areas of your life. "Prioritize where you really want to spend your energy and focus on that," she says. Once you start seeing the positive effects in that area, you can shift your focus to another area, applying the same principles.

EMILY LAURENCE
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He's ready to play the game

Interview. Philip Winchester is trying to be an action star with a heart on "The Player."

Alex Kane is a man on the move. The former government agent has gotten tangled up with an all-powerful gambling group in Las Vegas that's betting on whether or not he can solve crimes before they're committed. And while he's at it, he's trying to figure out what happened to his ex. It's a lot for one guy to manage, and Philip Winchester, who brings him to sprinting, fighting life on "The Player," says it's important to him to keep Alex human, despite all of his high-flying adventures.

How does Alex respond to being in this situation? For Alex, because he has this history of violence and this history of not particularly appreciating

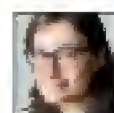
bureaucracy or red tape or following the rules — when he gets given the opportunity to tap into that part of his addiction again and use that to find someone near and dear to him, I think he feels 100 percent justified in doing that.

Will we see Alex fail? We certainly will. That was one of the things that intrigued me about the show. We can't just have this guy who's kicking ass all the time, in superhero blue. ... When he punches someone, it hurts. When he has to make a decision about going into a situation that's life or death, it always comes with that sort of tongue-in-cheek, "let's give it our best shot" kind of a thing.

Your last show, "Strike Back," was also pretty action-heavy. What do you like about the genre? On the very base level, there's the adrenaline and the taste of it. I just enjoy the process of mak-

ing something look as dangerous as possible but knowing that everyone's got your back. It's a real neat team collaboration. You get your stunt guys involved, you get your riggers, you get your special effects guys and everyone's collaborating on making this look as badass and dangerous as possible, and hopefully, you're walking

away from it. On that level, there's the adrenaline and the teamwork that I really enjoy. And characterwise, it's a really challenging thing to do these things, to carry them off, and then walk into a dramatic scene and be truthful.



LISA WEIDENFELD
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Catch "The Player" Thursdays at 10 p.m. on NBC. / COLLEEN HAYES

One more thing

Action sequence

The pilot has a scene where you're sprinting naked through the streets. Did you really film in Las Vegas, naked? We did film in Vegas, and I wasn't naked — I had my boxers on. But yeah, it was me in my boxer shorts running through Fremont Street. What was funny was



nobody batted an eye. I think they thought it was a normal part of being in Vegas. It was just a guy, holding a gun, running down the street in his boxer shorts.

MARK DAVIS

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TELEVISION

16

TV watch list



We're excited thinking about the Cookie smackdown that is clearly about to happen in this scene with these misbehaving youngsters. / CHUCK HODGES

DRAMA

'Empire'

After all the shenanigans over the record label last week, Cookie and company decide it's time to regroup and form their own label. And Jamal travels further down the road of turning into his father. 9 P.M., FOX

when her roommate doesn't show up on time, so she decides the best thing to do is to pester Frankie and Mike with constant texts. 8 P.M., ABC

also chat with famed eater, prayer and lover and author Elizabeth Gilbert. 11:35 P.M., CBS

MOVIE

'Office Space'

You may be past having a case of the Mondays by this point in the week, but that doesn't mean it's not a good time to settle in with the bored and frustrated cubicle warriors of "Office Space" and watch them destroy that printer. 8 P.M., ENCORE LISA WEIDENFELD

TALK SHOWS

'The Late Show with Stephen Colbert'

Colbert meets up with another "Daily Show" alum as John Oliver stops by to pay his respects. Colbert will

COMEDY

'The Middle'

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THREE CHEESE SMALL 7, LARGE 13

Mozzarella, provolone & pecorino romano cheese over our delicious pizza sauce

FIORELLA SMALL 8, LARGE 15

Imported prosciutto & fresh mushrooms over our pizza sauce & mozzarella cheese

SUPREME SMALL 9, LARGE 16

Pepperoni, imported prosciutto, green peppers, mushrooms & onions over our pizza sauce & mozzarella cheese

BIANCA SMALL 7, LARGE 13

Mixed tomatoes, onions, garlic & olive oil topped with mozzarella cheese

MARGHERITA SMALL 9, LARGE 15

Fresh basil over a plump tomato ~ basil sauce & fresh mozzarella cheese

SPINICOTTA & PROSCIUTTO SMALL 8, LARGE 15

Spinach, imported prosciutto, onion & mozzarella cheese over our pizza sauce

CARNE TREO SMALL 9, LARGE 17

Pepperoni, imported prosciutto & sausage over our pizza sauce & mozzarella cheese

VEGETARIAN SMALL 7, LARGE 14

Onions, green peppers & mushrooms over our pizza sauce & mozzarella cheese

MELANZANE SMALL 8, LARGE 16

Eggplant, anchovy beans & roasted red peppers over our pizza sauce & mozzarella cheese

CHICKEN & PEPPERONI TRA DIAVLO SMALL 8, LARGE 16

Pepperoni & roasted chicken in a spicy buffalo sauce over pizza sauce & mozzarella cheese

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SPECIALTY TOPPINGS FOR EACH SPECIALTY TOPPING ADD:

SMALL PIZZA \$2, LARGE PIZZA \$3

roasted chicken, chicken cutlet, imported prosciutto, homemade meatballs, anchovy beans, fresh mozzarella

CALZONE

CALZONES ARE SERVED WITH A SIDE OF FIORELLA'S SIGNATURE MARINARA SAUCE

SPINACH

A fresh & tasty filling of spinach, onions, ricotta cheese & mozzarella cheese 9

CHICKEN EGGPLANT PROSCIUTTO

A delicious combination of roasted chicken, imported prosciutto, roasted red peppers, eggplant, mozzarella cheese & our pizza sauce 11

ITALIANO

An all ~ Italian filling of imported prosciutto, mozzarella, spicy capicola, ground salami, provolone cheese, mozzarella cheese & our pizza sauce 9

MEATBALL

A hearty filling of our delicious homemade meatballs, mozzarella cheese & our pizza sauce 10

HOT SANDWICHES

ALL SANDWICHES ARE SERVED ON ITALIAN BRAIDED ROLLS TOPPED WITH SESAME SEEDS

CHICKEN PARMIGIANA

Homemade chicken cutlets with Fiorella's signature marinara sauce & mozzarella cheese 8

MEATBALL

Delicious homemade meatballs with Fiorella's signature marinara sauce & provolone cheese 8

EGGPLANT PARMIGIANA

Eggplant cutlets topped with Fiorella's signature marinara sauce & mozzarella cheese 6

BUFFALO CHICKEN

Tender boneless chicken smothered with mushrooms, onions & pepperoni in a buffalo sauce & melted with provolone cheese 8

CHICKEN ROMA

Chicken smothered with roasted red peppers in our signature marinara sauce with provolone cheese 7

STEAK MILANO

Thin bone shared steak, pepperoni, mushrooms, onions, pepperoni in a touch of our signature marinara sauce topped with provolone cheese 8

CHICKEN PALERMO

Chicken smothered with zucchini, onion, squash & cherry pepper with onions a touch of our signature marinara sauce & provolone cheese 8

VEAL PARMIGIANA

Tender veal cutlets topped with Fiorella's signature marinara sauce & mozzarella cheese 12

COLD SANDWICHES**ITALIANO**

Imported prosciutto, mozzarella, spicy capicola, ground salami, provolone cheese & our pizza sauce 9

TUSCANY

Prosciutto, fresh mozzarella cheese, tomatoes, fresh basil & Italian vinaigrette dressing 10

EGGPLANT BALSAMICO

Eggplant cutlets topped with fresh mozzarella, caramelized onions, fresh basil, cherry pepper & zucchini with a balsamic glaze 8

TUNA SICILIANO

Solid white Albacore Tuna mixed with tomato, capers, balsamic olives, pepperoni in a red onion sauce served with mixed greens & roasted red peppers 8

CHICKEN ROSSINI

Homemade chicken cutlets, roasted red peppers, squash & goat cheese with a balsamic glaze 9

WRAPS

WRAPS CAN BE PREPARED ON A WHITE OR WHOLE WHEAT WRAP

CHICKEN CAESAR

Smothered chicken, fresh crisp romaine lettuce, avocado & provolone romano cheese, served in our delicious Caesar dressing 7

CHICKEN CAPRI

Roasted chicken with fresh baby spinach, feta cheese, anchovy beans, tomatoes & Italian dressing 8

CALIFORNIA

Double strips of chicken, avocado, tomatoes, roasted red peppers & mixed field greens served in a citrus balsamic dressing 8

PESTO VERDE

Pesto, fresh mozzarella, tomato, cucumber, red onions, pepperoni, fresh baby spinach & a touch of Italian vinaigrette dressing 7

ANTIPASTI**CALAMARI FRITTI**

Tender calamari & cherry peppers flash-fried to perfection, served with Fiorella's signature marinara sauce 8

CAPRESE

Thick slices of vine-ripe tomatoes topped with fresh mozzarella cheese & basil, drizzled with an Italian vinaigrette dressing & a balsamic vinegar glaze on a bed of mixed greens 8

TOASTED RAVIOLI

A delicious blend of cheese-filled ravioli fried until crisp, served with Fiorella's signature marinara sauce 7

GARLIC BREAD STICKS

Fiorella's famous garlic bread sticks, served with Fiorella's signature marinara sauce 4

FRENCH FRIES PARMIGIANA

Thick cut Fiorella's fries topped with melted mozzarella & provolone romano cheese, served with Fiorella's signature marinara sauce 7

INSALATA

ADD CHICKEN \$3, ADD SHRIMP \$5, ADD TUNA SALAD \$1

CAESAR SALAD

Our delicious homemade Caesar dressing served with fresh romaine lettuce, croutons & provolone romano cheese small 3, regular 6

GREEK SALAD

Romaine lettuce topped with feta cheese, olives, tomatoes, cherry tomatoes, olives & pepperoni, with a side of house dressing small 3, regular 5

HOUSE SALAD

Crisp romaine lettuce topped with cherry tomatoes, olives, olives & red onions, with a side of house dressing small 3, regular 5

ANTIPASTO SALAD

Imported prosciutto, mozzarella, spicy capicola, ground salami & provolone cheese over a bed of romaine lettuce topped with cucumbers, cherry tomatoes, roasted red peppers & anchovy beans, with a side of house dressing 10

TUNA INSALATA

Solid white Albacore Tuna mixed with tomato, capers, balsamic olives, pepperoni in a red onion sauce served on a bed of greens & roasted green with avocado, cherry tomatoes, cucumbers, with a side of citrus balsamic dressing 11

GOAT CHEESE & GLAZED WALNUT SALAD

Medium greens topped with melted goat cheese, mushrooms & glazed walnuts, with a side of citrus balsamic dressing 9

MEDITERRANEAN SALAD

Fresh baby spinach, roasted red peppers, cherry tomatoes, olives, balsamic olives, provolone cheese, with a side of house dressing 8

CHICKEN NIÇOISE

Smothered chicken, roasted red peppers, cherry tomatoes, avocado, balsamic olives, goat cheese & a hardboiled egg, served over mixed field greens, with a side of citrus balsamic dressing 11

ZUPPA**ZUPPA DEL GIORNO**

Chef's daily soup of the day soup 3, bowl 5

POLLO**CHICKEN PARMIGIANA**

Homemade chicken cutlets smothered with Fiorella's signature marinara sauce & mozzarella cheese, served with linguini 12

CHICKEN MARSALA

Chicken smothered with mushrooms & onions in a marsala sauce, served with penne pasta 12

CHICKEN BROCCOLI ALFREDO

Chicken & fresh broccoli florets prepared in a light, creamy alfredo sauce & served with fresh fettuccine 13

LEMON CHICKEN

Chicken smothered with anchovy beans & balsamic olives in our unique lemon-sauce sauce, served with penne pasta & provolone romano cheese 12

CHICKEN BASILICO

Tender strips of chicken breast smothered with garlic & mushrooms in a plump tomato-basil sauce, served with penne pasta & provolone romano cheese 12

CHICKEN PENNE BROCCOLI

Chicken & fresh broccoli florets prepared in a garlic white-sauce sauce with light cream & provolone romano cheese served with penne pasta 11

CHICKEN PICCATA

Chicken smothered with mushrooms & onions in a lemon-sauce sauce, served with linguini 12

CHICKEN PROSCIUTTO

Chicken smothered with mushrooms & prosciutto in a garlic-cream sauce, served with penne pasta & provolone romano cheese 13

CHICKEN GNOCCHI TRA DIAVLO

Chicken smothered in a spicy marinara sauce, served with penne gnocchi & provolone romano cheese 13

CHICKEN & SAUSAGE PICCOLO

Tender chicken & seven Italian sausage smothered with mushrooms & balsamic olives in a spicy garlic-white wine sauce served with linguini 13

CHICKEN NAPOLETANO

Chicken & spinach prepared in a pink rose sauce - a unique blend of our signature marinara & alfredo sauce - served with penne pasta & provolone romano cheese 13

CHICKEN LORENZO

Chicken smothered with roasted red peppers, broccoli & prosciutto in a garlic-marsala wine reduction, served with penne pasta 13

CHICKEN FRESCA

Chicken smothered with cherry tomatoes, onions, zucchini, onion, squash, fresh basil & onion in a garlic-white wine sauce served with linguini & provolone romano cheese 12

CHICKEN TORTELLINI

Chicken & broccoli in a pesto-cream sauce with our classic zucchini & provolone romano cheese 11

CHICKEN PIZZAIOLA

Chicken smothered with pepperoni, onions, pepperoni in our signature marinara sauce, served with penne pasta, provolone romano cheese & topped with melted provolone cheese 13

VITELLO**VEAL PARMIGIANA**

Tender homemade veal cutlets lightly fried & then baked with Fiorella's signature marinara sauce & mozzarella cheese, served with linguini 15

PASTA**BAKED GNOCCHI**

Double dumplings in a plump tomato-basil sauce baked with fresh mozzarella cheese 11

LINGUINI & MEATBALLS

Our delicious homemade meatballs & Fiorella's signature marinara sauce over linguini 10

SIX CHEESE TORTELLINI

Tortellini filled with a blend of ricotta, provolone romano, sausage, parmesan, provolone & mozzarella cheese, served in Fiorella's signature marinara sauce 9

LASAGNA

Four layers of fresh pasta, delicious bolognese & a mix of ricotta, mozzarella & provolone romano cheese baked to perfection & topped with Fiorella's signature marinara sauce 10

EGGPLANT PARMIGIANA

Eggplant cutlets topped with Fiorella's signature marinara sauce & mozzarella cheese, served with linguini 10

FETTUCCINE BOLOGNESE

Our delicious bolognese made from braised ground beef, veal & pork simmered with diced carrots, onions, celery & sautéed tomatoes in a red wine tomato sauce, served with fresh fettuccine 10

PEPPERONI TRA DIAVLO

Pepperoni & sausage simmered in a spicy marinara sauce, served with penne pasta 11

FETTUCCINE PRIMAVERA

Zucchini, onion, squash, mushrooms, onions & broccoli in a tomato-basil sauce with fresh fettuccine & provolone romano cheese 11

PESCE**SHRIMP SCAMPI**

Swandine shrimp smothered with fresh garlic in our unique lemon-sauce sauce, served with linguini & provolone romano cheese 13

SHRIMP ARRABBIATA

Shrimp prepared in a spicy plump-romano sauce with fresh basil, served with fresh fettuccine & provolone romano cheese 11

BABY CLAMS

Whole baby clams simmered in a light garlic-white wine sauce, served over linguini 13

SEAFOOD RAVIOLI

Large square ravioli filled with crab, scallop & shrimp prepared in a delicious plump-romano sauce with a touch of cream & provolone romano cheese 13

DESSERT

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COFFEE TIRAMISU

Soft sponge cake soaked with amaretto & espresso coffee, layered with sweet mascarpone & dusted with cocoa powder 5

COFFEE PROFITEROLES

Fluffy coffee puff pastries topped with chocolate sauce 5

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UNDERCOOKED SHELLFISH, POULTRY
OR MEAT MAY INCREASE THE RISK OF
FOODBORNE ILLNESS

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Aries Don't feel that you have to live up to unattainable standards. Looking good is as much about how you feel as how you look. Stay healthy.



Taurus You will have to make a few concessions. Find an engaging creative outlet and let someone else worry about being entertaining.



Gemini Give your creative projects a personal touch. Artistic or musical expression will provide an important contrast to your routine.



Cancer Your personality and talents are being noted by business contacts. Don't exaggerate your knowledge or qualifications.



Leo It will be up to you to determine who is telling you the truth and who isn't. Consider the motives of someone who is trying to undermine you.



Virgo An opportunity to participate in a social or cultural event is encouraged. A casual acquaintance will provide unusual information.



Libra Lady Luck is with you. Get your friends to help you redecorate or renovate your living space. Offer incentive by hosting a gathering.



Scorpio Love and romance are highlighted. A day trip will have a positive impact on your personal life. Stop being so serious.



Sagittarius Start a new fitness regimen. Sensible eating, moderate exercise and sufficient sleep will provide a change to your look and mood.



Capricorn Get together with friends or relatives and have some fun. A friendly competition will help stimulate you physically and mentally.



Aquarius The people around you will be hard to deal with today. You are best off busying yourself with creative projects.



Pisces Keep an open mind. Make a point to get out and socialize. Talking with friends will give your morale a boost. **EUGENIA LAST**

Across

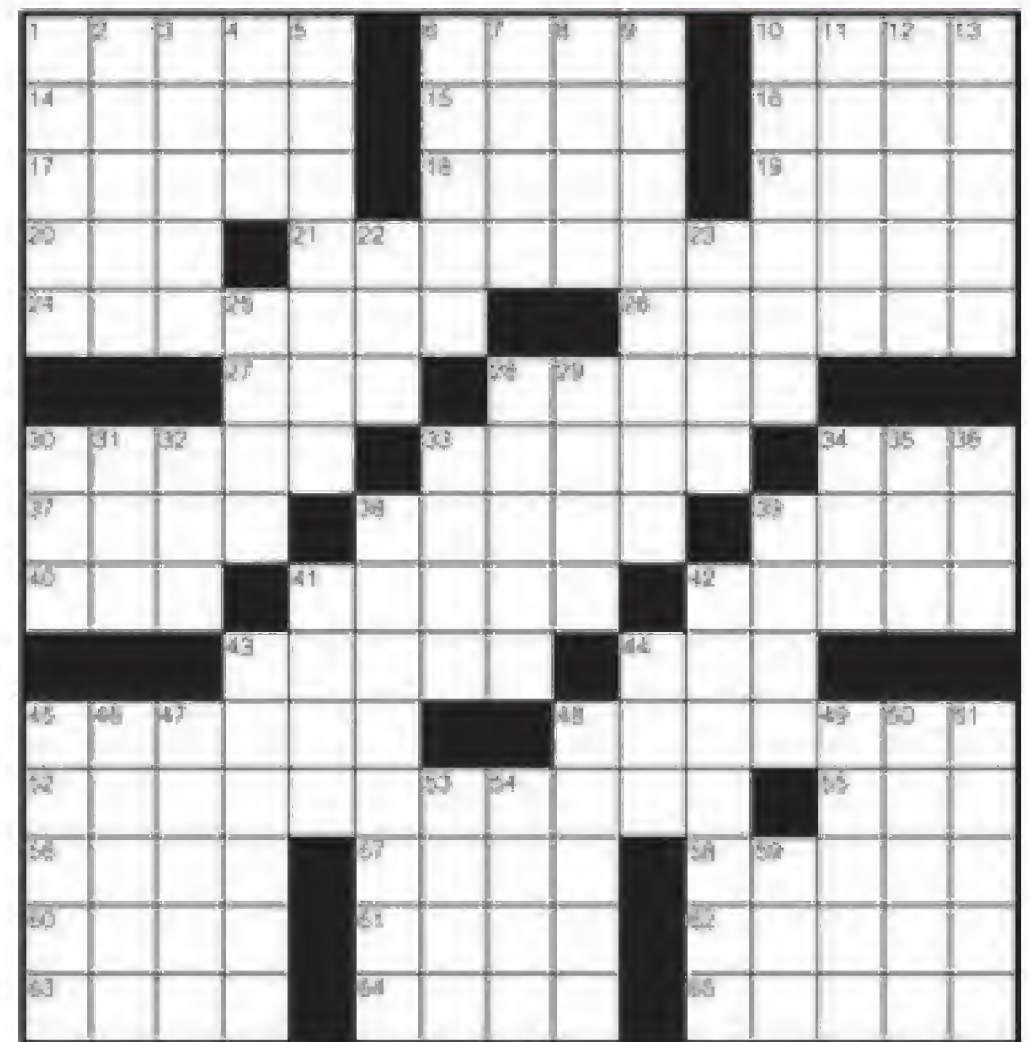
1 Grass cutter
6 Bill, briefly
10 RN assistants
14 Fuming
15 Koh-i — diamond
16 Ambler or Clapton
17 Like a tablet
18 Felipe or Matty
19 Isinglass
20 Fortune
21 One 13 (2 wds.)
24 What Muses do
26 Piano fixers
27 Prior to
28 Signs up
30 "A Boy — Sue"
33 Jabs playfully
34 Howl
37 Disney CEO Bob —
38 Soft drinks
39 Plains state
40 Ewe's plaint
41 Corroded
42 Aleut carving
43 Dijon dads
44 — de cologne
45 Debated
48 Banquet finale
52 Violets, e.g.
55 Chocolate-colored dog
56 Mimicked
57 Footnote word
58 Title role for Madonna
60 Not bogus

61 Baja boy
62 Afterward
63 Urn homophone
64 Pulls down
65 Travels on snow

Down

1 — Vanilli
2 Hunter constellation
3 Wishes for
4 Riviera summer
5 Cardinal
6 Moccasin, maybe
7 Painted tinware
8 Where heather grows
9 Well-behaved convicts
10 Duds
11 Hold dear
12 More accommodating
13 Surveys
22 — you serious?
23 Grayish horses
25 Look intently
28 Nasty shocks
29 Not super
30 Robin's beak
31 Turkish potentate
32 Give — break
33 Pretend to be
34 Plant sci.

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35 Dazzle
36 Candied item
38 Thickening, as cream
39 Debtor's notes
41 Coral formation
42 Loafer doodads

43 Evidence of rain
44 Always, to Whitman
45 Fully conscious
46 Less green
47 Gather after harvest
48 Audition tapes

49 "In" crowd
50 Evaluated
51 Ski lifts (hyph.)
53 Garfield's pal
54 Shoved off
59 — Kilmer of films

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metro.us/games

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easy

					6	1	7	8
7			3			4		5
	1		7	5				
						7	8	
2	8						3	6
	3	1						
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3	4	2	9					

hard

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			7		8	3		
				4	9			6
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		2	3		6			
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9			4				3	2

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WHAT THE VARIOUS FUNCTIONS ON FACEBOOK MEAN



LIKE

It's one way to pronounce what you want.



FRIEND REQUEST

It's like to study your profile and see how interesting.



CHECK IN

I am at the airport. Going on a holiday. Just wanted to report your people know.



POKE

Take your pictures — now I'd like to look at you too.

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Fall decor cheat sheet



Before you even begin

You don't need a degree in interior design to create a beautiful room — but you do have to start thinking like an interior designer. "The most important thing is to have a clear idea of what you want the room to look like before you start," says LeBlanc. "That, simply, is how rooms come together."

Nesting season has arrived. Here are cozy, cuddle-up tips that won't break the bank.

MONICA WEYMOUTH
@MetroBos
letters@metro.us

If summer is for traveling and winter is for hibernating, fall is for nesting. With the beach house in the rearview and the holidays on the horizon, it's the perfect time to settle in and cozy up your home for the months ahead.

No room in the budget — or the calendar — for an extreme makeover? No problem. We checked in with New England-based designer Tiffany LeBlanc of LeBlanc Design for some quick, easy decor tips that make a big impact for a little cash.

Layer low

Chances are you put a lot of thought into your couch. But the rug? Maybe not so much. "I ask my clients, 'What is your rug doing for you?'" says LeBlanc. "It's a big thing, and yet it's not a big expense." For an autumn vibe, LeBlanc suggests layering a statement-making antique carpet or cowhide over an inexpensive sisal rug. If you're hesitating on the size,

go bigger — in LeBlanc's experience, most people underestimate, and the result can feel bare and empty.

Go natural

Before you click over to Amazon, look around your yard and grocery store for fall decor. One of LeBlanc's favorite seasonal tablescapes comes together with a vase full of branches, a bowl of artichokes and sprigs of lavender, which she turns into napkin holders with the help of twine. Dried beans make the perfect nest for votive candles, while moss provides a rich, textural element to wreaths.

Embrace texture

Nubby pillows and faux-fur throws instantly cozy up a couch. If you're ready to invest in a bigger change, LeBlanc recommends wallpaper. "Wallpaper transforms a room," she says. "A gorgeous grass cloth will give you a rich texture. It feels like a nice little embrace every time you walk in." For an interior designer-approved grass cloth, try the seamless variety from Phillip Jeffries.

Get your glow on

Just because you don't have a fireplace doesn't mean you can't enjoy a festive flicker from time to time. For an

impromptu mantel, LeBlanc recommends grouping candles in a deep windowsill or up the side of a staircase. To maximize the effect, work in metallics, such as trendy brushed brass, throughout the room.

Relax already

The rules have changed for entertaining, so there's no need to fret over those mismatched glasses. "It used to be that we were a more formal society, but the idea of feeling proper in the home has changed, and your decor should reflect that," LeBlanc says. "We're using a lot of linens and cottons, not silks — silk doesn't say, 'Come into our home and feel comfortable.'"

Now trending

Many of LeBlanc's favorite rooms have what she calls a "farm-to-table" feel. "It's happening in food, and it's happening in decor. It's casual, but it's beautiful," she says. "I use a lot of handmade products because clients are looking for things that are more authentic. There's so much stimulation with iPhones and computers that when they go home, they want to feel something real."



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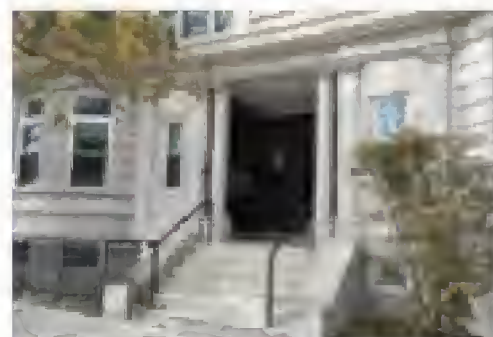


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SPORTS



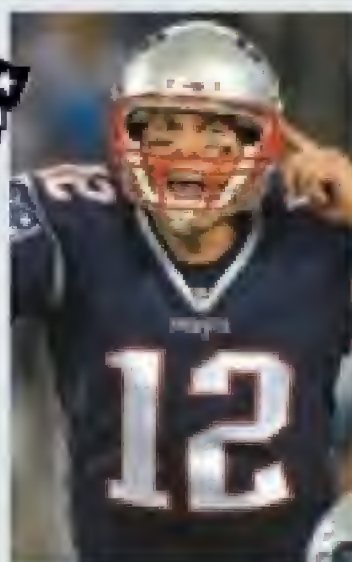
Visit **Metro.us** to see our complete Power Rankings heading into Week 4.

NFL power rankings | by Luke Miller

No. 1

Patriots (3-0)

Tom Brady got his 400th (and 401st) touchdown in the rout we all expected. LeGarrette Blount's return gives New England the new offensive weapon they desperately needed. Now the NFL gets the Patriots' bye week it desperately needed.



No. 4

Broncos (3-0)

Peyton Manning seems to have found his groove, but the run game in Denver is still abysmal. They've accumulated 171 yards total and 2.6 yards per carry through three games. If they can keep Peyton hot and get the run game going, their defense makes them a force to be reckoned with.



No. 6

Seahawks (1-2)

Nothing quite like the Bears to cure an ailing team. Nevertheless, it's a little disconcerting that a team in the Seahawks' position came out as flat in the first half as they did. The seriousness of Marshawn Lynch's injury remains to be seen but they did get Kam Chancellor back.



No. 8

Falcons (3-0)

The Falcons were the first team to take advantage of injury-ravaged Dallas, but it took them a while to do it. For now, though, they seem to have mastered the art of "throw the ball to Julio Jones until anyone is able to cover him" and that could make them a serious force in the NFC.



No. 2

Packers (3-0)

We're only through Week 3 and Green Bay has already handled Seattle and Kansas City, albeit both at home. That's an impressive résumé for anyone, and Aaron Rodgers' five touchdowns Monday night confirm Jordy Nelson's absence isn't slowing down the reigning NFL MVP.



No. 3

Cardinals (3-0)

The Cardinals now lead the NFL in point differential with plus-77 after just three games. New England is at plus-49. The Saints, Bears and 49ers aren't exactly murderers' row, but the Cardinals are winning by over 25 points on average. St. Louis and Detroit are up next for the Cards.



No. 5

Bengals (3-0)

Andy Dalton, clutch quarterback? Having A.J. Green on the other end of the receptions certainly helps. The Bengals are cruising, and with Ben Roethlisberger's injury they have a big chance to build a lead in the AFC North over the Steelers in the weeks ahead.



No. 7

Bills (2-1)

Buffalo and Miami had a pretty even split of hype the past two years as trendy wild-card picks below the eternal division champion Patriots. Not anymore. The Bills rebounded from a tough week against New England with a huge statement, and now the Dolphins are reeling.



No. 9

Panthers (3-0)

We know the Panthers win when Cam Newton gets no help, and on Sunday — when Greg Olsen had eight catches for 132 yards and two touchdowns — we saw what happens when Cam Newton gets some help. (The Panthers win!) So far this season, the Panthers win.



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Really, there are reasons to watch the Sox this week

With less than a week left in the Red Sox's season and the team out of playoff contention since seemingly just after the All-Star break, it may be hard to find reason to watch the last week of the season on the surface. But, in reality, the team has been as fun to watch the past few weeks as at any other point of the season. Interim manager Torey Lovullo is playing the younger players and they've provided some of the more exciting action of the season. Here are three reasons to tune in during the final week:

1 The outfield situation

It seems the Red Sox are set on having Mookie Betts, Jackie Bradley Jr. and Rusney Castillo as their outfielders in 2016, but where exactly they



NESN plans to have some sort of tribute for out-going announcer Don Orsillo on Sunday. / GETTY IMAGES

Dandy Don

Don Orsillo's contract was surprisingly not renewed by the Red Sox, it was announced in August.

- Reports indicate that Orsillo will likely become the voice of the San Diego Padres when Dick Enberg retires.

play remains up in the air. All of the last homestand the Sox had Betts playing right with Bradley Jr. in center and Castillo in left. With Castillo out Monday, Bradley Jr. played left field at Yankee Stadium. The theme is the Red Sox are trying all the different combinations to see what works best. From this viewpoint, the best option is to have Castillo in left,

Bradley Jr. in center and Betts in right.

2 Owens' last start

Eduardo Rodriguez made his last start Monday night in New York and it appears Henry Owens will make his last one this weekend in Cleveland. The two lefties have been impressive in their rookie seasons. Rodriguez has made a good enough impression that he's pretty much penciled in for the 2016 rotation. Owens has been solid in his time in the majors, but there's some uncertainty for his 2016 status. With another lefty in Rodriguez ahead of him, do the Sox want to go into the season with two young rookies in their rotation? There's a chance the Sox could look to deal Owens this offseason. This weekend's start could

be Owens' last chance to prove his worth.

3 Orsillo's farewell

Sunday will be Don Orsillo's last broadcast on NESN as he will be replaced by WEEI/ESPN's Dave O'Brien next season. There was a tribute played on the video board at Fenway Park last Sunday, as that was his last home game. NESN has been highly criticized this week for not airing it on TV, but the station said late Monday that they have been planning their own farewell for this coming Sunday. With Orsillo being in many New England homes for so many years, Sunday afternoon will be a sad day for many.

RYAN HANNABLE
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For more information, contact

Laurie Braun, MD

617-724-3572



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Wednesday, September 30, 2015

SPORTS 22

Welker gets look from the Giants

NFL. The Giants brought former Pats receiver Wes Welker in for a workout.

The Giants are looking to boost their receiving corps this week as they worked out former Patriots and Broncos slot star Wes Welker as well as Ha-keem Nicks, who helped New York to a win over New England in Super Bowl XLVI.

Welker recently had three concussions in the span of 10 months and caught only 49 balls in 2014 — his worst output since his rookie season in 2005.

"I don't want Wes to play [anymore] for my own personal reasons," former Broncos teammate Champ Bailey told FOX Sports earlier this year. "I've seen him get concussions. It scares me. I think he can still play, but I don't want him to play because of these concussions. ... This thing is no joke. It's a serious thing when you start talking about your head. And for him to have to worry about that at [the] young age that he is now, he



Wes Welker caught just 49 passes for the Broncos last season. / GETTY IMAGES

has to think about that for years to come, and I just hope he hangs it up and [doesn't] strap it up again."

It was assumed the 34-year-old Welker would retire as just a few weeks ago he tweeted out a picture of one of his newborn

twins with a poop stain.

"This is what my Monday Nights look like these days! #blowout #twins #GameChanger," Welker wrote.

Welker was a favorite target of Tom Brady in New England in 2007-12, but head coach Bill Belich-

ick deemed him replaceable in a somewhat messy divorce in March 2013.

The Giants and Patriots play at the Meadowlands on Nov. 15.

MATT BURKE
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mburke@metro.us

NFL

Patriots land LB Bostic

The Patriots are now extremely deep at the linebacker position as former Bears LB Jonathan Bostic will join the New England corps.

The Pats gave up a sixth-round draft pick in a trade with the Bears, according to ESPN reports.

The 6-foot-1-inch, 245-pound Bostic was Chicago's top tackler last season. An ESPN report, however, said he "fell out of favor" with new Bears head coach John Fox. Bostic is said to have great athleticism and is just 24 years old.

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Sleep Research Study Needs Healthy People!

Study at Brigham and Women's Hospital on effects of sleep duration on performance needs:

- Ages 18-35 (birth control OK)
- Not on any Meds
- Non-Smokers



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4 outpatient visits**

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interested in being a

RESEARCH VOLUNTEER?

Participate in a research study to investigate the effects of sleep timing on health

Must be:

- 18-35 years old • Healthy • Non-smokers

Research study details include:

- 4-5 Screening visits to determine eligibility
- Medical screening at no cost
- One 14 day In-Laboratory stay at Brigham and Women's Hospital
- Payment up to \$4,000

Please contact at:
844-230-FOOD (844-230-3663)
to learn more about the research study.



Fatty Acid Metabolism Study

Researchers at Tufts University Invite you to Participate in a Nutrition Study

You may qualify if you are:

- 50 to 85 year old woman
- Free of known chronic disease
- Postmenopausal and a non-smoker
- BMI is between 25-35 kg/m²

And you are willing to:

- Have a medical exam / laboratory tests
- Provide blood, stool and breath samples
- Consume only the study provided foods/beverages
- Commit for approximately 15 weeks

Payment up to \$ 2,055 if you qualify and complete the entire study.

**For more information please e-mail
volunteers-hnrc@tufts.edu or call
1-800-738-7555 and request Study #1542**

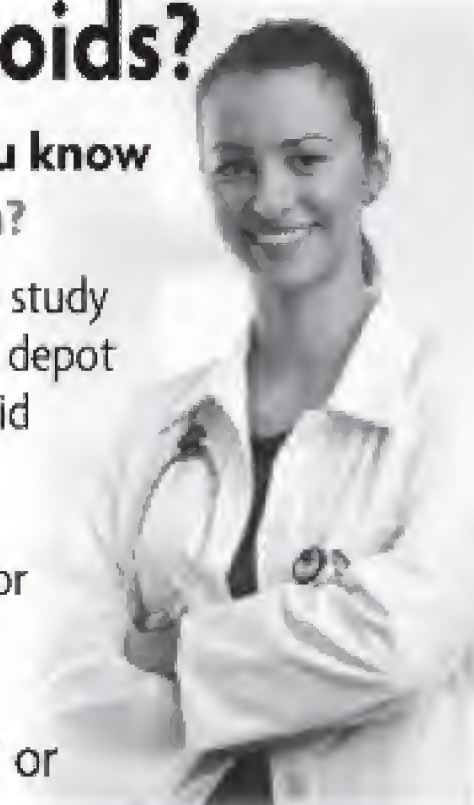
Addicted to opioids?

Do you or does someone you know suffer from opioid addiction?

Adams Clinical Trials is conducting a study of an investigational medication – a depot buprenorphine – in adults with opioid addiction.

Participants may be compensated for participating in the study.

Please call (617) 744-8542 or



visit adamsclinical.com to learn more or sign up.



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LOCATION:
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Project CAMI 2
Principal Investigator: Dr. Christina Lee
Northeastern University
Bouvé College of Health Sciences

Sponsored by: NIH
(National Institutes of Health)
Northeastern University IRB approved
In partnership with The South End Community Health Center

Forsyth

The Forsyth Institute

(Kendall Square)

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(Entrance at 1 Athenaum Street)

DENTAL RESEARCH STUDY

Individuals 18-65 years old are asked to join a 3-month study looking at gum tissues in disease and health

- People with existing gum redness and bleeding
- Qualified people will be given a standard toothbrush and toothpaste
- Total of 12 visits
- Routine dental and gum exams will be done
- Full mouth teeth cleaning at the beginning of the study
- \$525 compensation will be provided to those who complete the study
- Volunteers must be non-smokers

Call or Email:

617.892.8600

clinicaltrialsinfo@forsyth.org

ARE YOU A GULF WAR VETERAN?

Who served between 1990 and 1991

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Stipend of \$100 Available

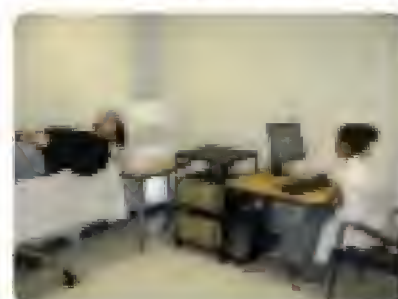
PLEASE CONTACT:

Website: <http://sites.bu.edu/GWIC>

Phone: 617.638.5834 | e-mail: GWIC@bu.edu

Have you been diagnosed with BIPOLAR DISORDER and are you currently depressed? Are you between the ages of 21-65?

Interested in participating in a research study at McLean Hospital? We are investigating the effects of Low Field Magnetic Stimulation on bipolar depression. Participation involves clinical screening and three 20-minute treatments with our LFMS device.



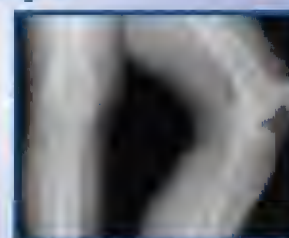
Participants are compensated up to \$275

Contact Sierra at 617-855-4433 or lfms@mclean.harvard.edu for information

Do your KNEES hurt? Do you have KNEE ARTHRITIS?

We are looking for people who are interested in participating in clinical research. If you:

- Are 40 years or older
- Have knee pain on most days
- Are willing to attend study visits at Tufts Medical Center



You may be eligible for one of our current trials. You may be compensated for your time.

To Learn More, Contact Us:

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- Study medication for pain
- Study-related care from a local study doctor
- Compensation up to \$560

Call: 617-923-0328, or

Visit: www.baystateclinicaltrials.com



MASSACHUSETTS GENERAL HOSPITAL

Are you suffering from Painful Peripheral Neuropathy?

You may qualify to participate in a research study to see if Sulfasalazine, a drug approved by the FDA for colitis and rheumatoid arthritis, can help improve pain in people with painful neuropathy.

The study is done at Massachusetts General Hospital Center for Pain Medicine. It involves an interview, physical examination, questionnaires and a blood sample. You will take the study drug and placebo for 2 two week periods. The estimated time you will be in the study is up to 8 weeks.

Financial compensation will be provided.

For more information, call
617-726-5186

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Our current studies include:

- Fibromyalgia
- Overactive bladder
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- Migraine
- High cholesterol

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- General non-cancer pain
- Osteoarthritis (hip or knee)
- Lower back pain
- Depression
- Type 2 diabetes
- Acne

Another day, another
Migraine?

Diagnosed with Migraines

If you experience **15 or more days with headache per month**, local doctors need your help testing an investigational migraine prevention medication.

Qualified participants in this research study must:

- Be between 18 and 55 years of age.
- Experience 15 or more days with headache per month.

Participants in this research study will be seen by a doctor and receive all study-related care, testing and study medication at no cost. Compensation for time and travel may be available.

Call or join us on the web to learn more about this migraine prevention study and to see if it's right for you.



IF INTERESTED. Call Beacon Clinical Research at **774.462.6602**

Are you interested in helping evaluate an investigational medication for people with long-lasting or persistent pain following shingles, also known as **post herpetic neuralgia (PHN)**?



Local doctors are conducting a new clinical research study evaluating the safety and effectiveness of an investigational topical ointment for people with chronic PHN pain.

In this study, they want to evaluate the investigational ointment to see if it helps relieve pain when it is applied to the affected area twice a day for 4 weeks.

To pre-qualify for this study, you must:

- Be 18 years of age or older
- Have chronic PHN (pain present for more than 6 months and less than 6 years)
- Not have PHN that affects your face

All study-related visits, tests, and medications will be provided to you at no cost. In addition, reimbursement for study-related time and travel may be provided if needed.

To learn more, please visit:

www.PHNresearchstudy.com Or contact:

Call Beacon Clinical Research at **774.462.6602**

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Healthcare

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The Boston Synchronswim School is open for registration to girls and boys 7-19 years old, who feel comfortable in deep water and can swim. If you like Swimming, Dancing and Gymnastics, then you can do them all at once while learning an Olympic Sport! The Boston Synchronswim offers both recreational and competitive synchronized swimming programs. All classes start on Oct 1st at Evelyn Kinnear Aquatics Center, Brookline, MA 02445.

For more information and registration, please contact us @ bostonsynchronswim@gmail.com or @ 781-616-SWIM

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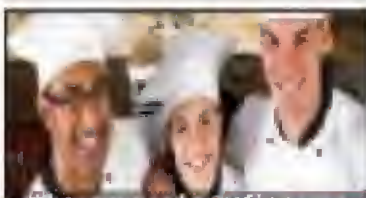
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Seeking Production Associates for Dunkin' Donuts Bakery Production Facility located in Boston South Bay (near Route 93). The production associate may work evenings, early morning and weekend shifts based on work schedules, stations and availability. Training available. Good starting pay rate and benefits including a 401K retirement program. Call 617-541-1911 to schedule an interview or email resume to HR@thewaldwingroup.com. Visit us on the web! www.thewaldwingroup.com

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JOBS

General Help Wanted

Applications are invited for a Research Assistant Professor

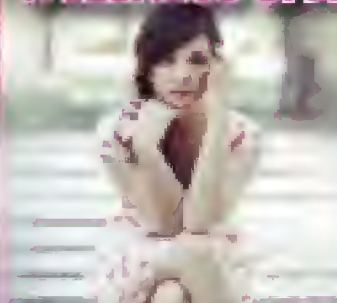
On the research line to join an expanding faculty in **Biomedical Data Science at the Geisel School of Medicine at Dartmouth**. This position is full-time, although a part-time position may be considered. Applicants should hold a doctoral degree (PhD) or the equivalent; for MD applicants, MPH and/or MS degrees are desirable. Strong preference will be given to applicants with a research emphasis in analytical methods for health behavior and health promotion research, a background in statistics as a behavioral statistician who can design studies in health promotion, an established track record in interdisciplinary collaboration and securing extramural funding, as well as innovative ideas and experience from which to build a strong extramurally-funded research program. For more information see <https://bmds.dartmouth.edu/open-faculty-position-research-assistant-professor>. To apply, email letter of intent, CV, and contact information for three references to Lamar.D.Moss@Dartmouth.edu. The Geisel School of Medicine at Dartmouth is an Equal Opportunity and Affirmative Action Employer.



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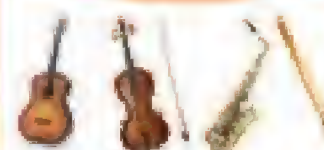
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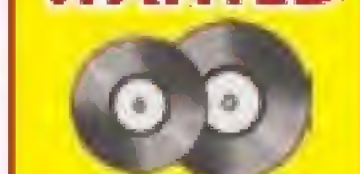


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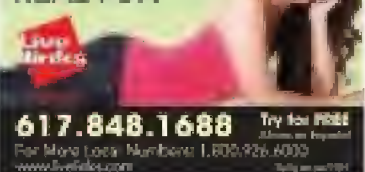
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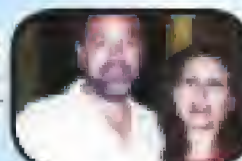
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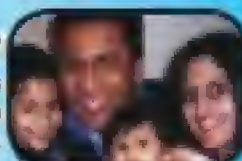
MARRIED COUPLE

Someone had wished I wouldn't marry this man
(Love...Thanks to Anna we are now happily married!)



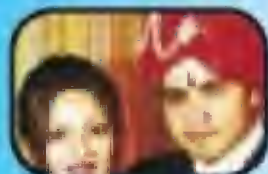
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LEGAL NOTICES

COMMONWEALTH OF MASSACHUSETTS
LAND COURT

(SEAL) DEPARTMENT OF THE TRIAL COURT

2015 SM 005348

ORDER OF NOTICE

TO:

RANDY WILLIAMS

and to all persons entitled to the benefit of the Servicemembers
Civil Relief Act, 50 U.S.C. App. § 501 et seq.:

JPMORGAN CHASE BANK, N.A.

claiming to have an interest in a Mortgage covering real property in **Dorchester**
(Boston), numbered **109 Lonsdale Street** given by **Randy Williams** to
Mortgage Electronic Registration Systems, Inc., as nominee for **Fremont**
Investment & Loan, dated **March 6, 2006**, recorded at **Suffolk County**
Registry of Deeds in Book **39160**, Page **100**, and now held by Plaintiff by
assignment, has /have filed with this court a complaint for determination of
Defendant's/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of
the United States of America, then you may be entitled to the benefits of
the Servicemembers Civil Relief Act. If you object to a foreclosure of the
above-mentioned property on that basis, then you or your attorney must
file a written appearance and answer in this court at **Three Pemberton**
Square, Boston, MA 02108 on or before **October 26, 2015** or you will be
forever barred from claiming that you are entitled to the benefits of said Act.

Witness, **JUDITH C. CUTLER**, Chief Justice of this Court on **September 11, 2015**
Attest:

September 30, 2015

Deborah J. Patterson
Recorder

CITATION G.L. c. 210 § 6

Docket No. MI15A0164AD

Commonwealth of Massachusetts

The Trial Court

Probate and Family Court

In the matter of: Angelika Sofia Perczuk

To: Mark Perczuk and persons interested in a petition for the adoption of said
child and to the Department of Children and Families of said Commonwealth.

A petition has been presented to said court by:

Gerco Dries of Hudson, MA

Elena Viktorovna Dries of Hudson, MA

requesting for leave to adopt said child and that the name of the child be
changed to **Angelika Sofia Dries**

Middlesex Probate and Family Court
208 Cambridge Street Cambridge, MA 02141
(617)768-5800

IF YOU DESIRE TO OBJECT THERETO, YOU OR YOUR ATTORNEY MUST FILE
A WRITTEN APPEARANCE IN SAID COURT AT: Cambridge
ON OR BEFORE TEN O'CLOCK IN THE MORNING (10:00AM) ON: 11/03/2015
WITNESS, Hon. Edward F. Donnelly, Jr., First Justice of this Court

Date: **September 16, 2015**

Edward F. Donnelly, Jr.

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- COB Liquor License
- Licensing Board
- Notice of Public Hearing
- Divorces
- Care and Protection of Parental Rights
- Notice of Sale of personal Property
- Transportation
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